



## Secondhand Smoke: Youth Exposure and Rules on Smoking in the Home

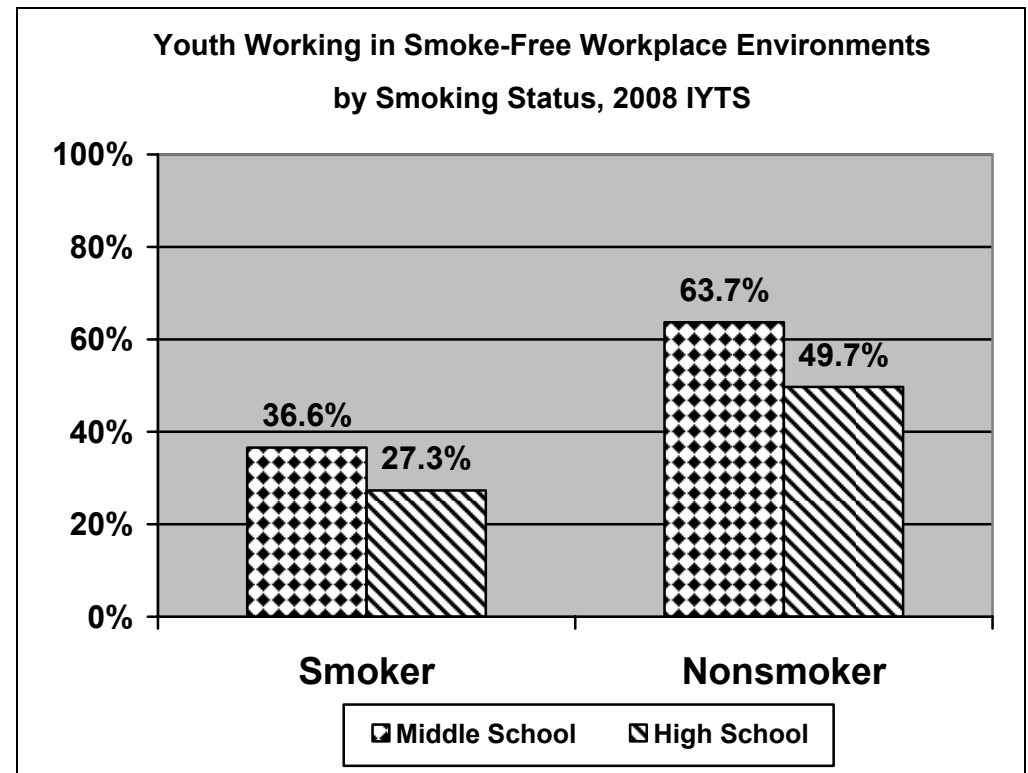


Each year in the United States, 50,000 deaths are attributable to secondhand smoke. Approximately 1,240 of those deaths are to Hoosiers adults from exposure to secondhand smoke. Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance. In children, secondhand smoke contributes to acute and chronic respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS).

### Indiana Exposure to Secondhand Smoke

According to the 2008 Indiana Youth Tobacco Survey,

- Secondhand smoke exposure among Indiana youth has decreased since 2000, but those downward trends have recently slowed down.
- Approximately 81% of high school students and 67% of middle school students who live a smoker reported being exposed to secondhand smoke *in a room* on at least 1 day in the past week.
- Nearly 69% of high school students and 60% of middle school students who live with smokers reported being exposed to secondhand smoke *in a car* on at least 1 day in the past week.



Youth exposure to secondhand smoke remains unacceptably high. Some exposure among high school students may be attributed to smoking by their peers; however, it is more likely that adults expose the middle school students to secondhand smoke.

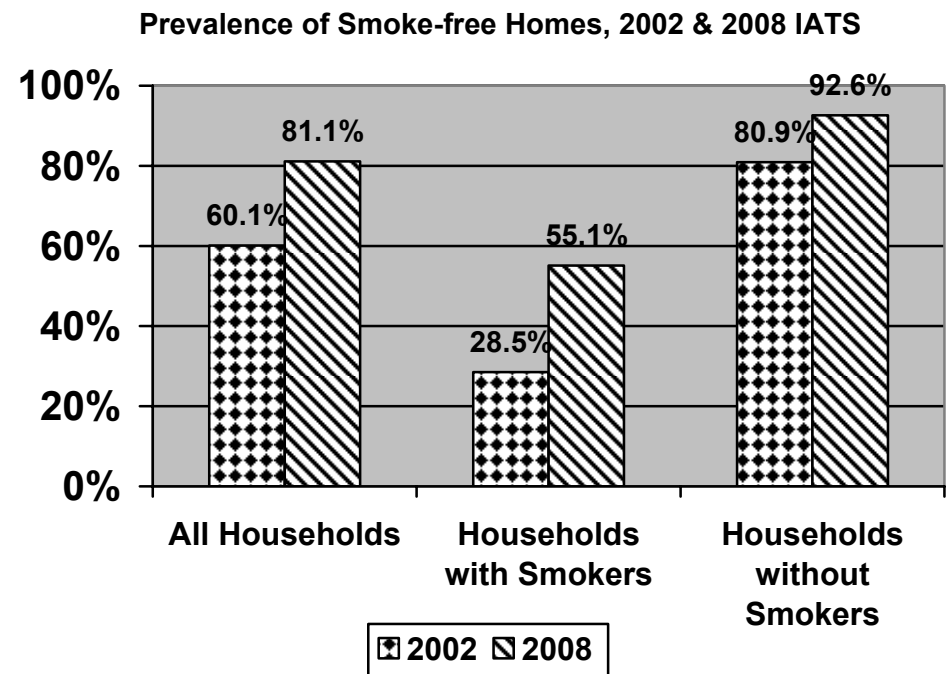


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### Household Rules

- Among households with smokers, the prevalence of smoke-free homes increased nearly 90% (from 29% in 2002 to 55% in 2008).
- Among households with non-smokers, the prevalence of smoke-free homes increased from 81% in 2002 to 93% in 2008.
- Approximately 57% of adults in Indiana believe that secondhand smoke is a serious health hazard.
- Hoosier non-smokers are more likely to agree that secondhand smoke is a serious health hazard (63%) compared with Hoosiers who smoke (30%).



### **What Can You Do?**

- If you smoke, quitting will benefit not only your health but the health of your children. Call 1-800-QUIT-NOW for help.
- Institute and enforce strict no-smoking rules for your home and your car.
- Encourage your children to ask others not to smoke around them.

Sources: 2008 Indiana Youth Tobacco Survey, 2008 Indiana Adult Tobacco Survey; <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=IN>